ROYAL

"Old Time" South African

RECIPE BOOK

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South African

RECIPE BOOK

Prize-Winning Recipes

prepared by South African Housewives

ROYAL BAKING POWDER CO. (PTY.) LTD.
HUGUENOT C.P.

60 YEARS AGO-

South Africans enjoyed these "OLD TIME" delicacies

THE sight of the familiar little red tin of Royal Baking Powder calls up before the eyes of thousands of South African women mind pictures of their youth.

¶ They see again the long train of oxwagons with white tents glistening in the sun. They live again through the hardships and perils, the sudden alarms, the hard-fought battles of trek and war.

¶ They see again the "laer" drawn up in the twilight of the dying day. They hear again the melody of the evening psalm floating on the air.

¶ Women busy within the enclosure ministering to the needs of their men folk at the campfire tripod. Working miracles in the cookpot with woefully scanty supplies, coarse meal, and ovens improvised from antheaps, or scooped out holes in the ground. But always with the familiar tin of Royal by their side—the baking powder they had learned to depend on for success in their cooking—the baking powder that was as indispensable as bread.

¶ Some of the "Old Time" South African recipes which these old trekker housewives used with success, and treasure still, are given in this little booklet.

¶ They have been picked out from thousands of recipes sent in to the Royal Baking Powder Company by women who have used Royal for 40, 50, 60 years. They are collected here and published for the first time, together with authentic little stories of adventures connected with early baking with Royal in South Africa.

¶ Perhaps your mother or grandmother knew and used some of these "Old Time" recipes when she was a girl. Try them yourself. And to ensure success use the baking powder housewives depended on just as confidently 60 years ago as they do to-day—ROYAL.

They FOUGHT for their LIVES

while these cakes baked themselves

¶ "In the year 1891 our laager was drawn up near Senekal. The oxen were let loose to graze and I was busy baking 'Koekies' for midday coffee.

¶ "Suddenly an alarm was raised. A robber band of kaffirs were seen rushing to attack us. My 'Koekies' were forgotten. We women rushed off to help chase the cattle into the laager. After a desperate struggle we put the Kaffirs to flight. Luckily without loss to us.

¶ "After everything had quietened down again, I remembered my cakes. I went to the pan. The fire had gone out and to my amazement I saw that the 'Koekies' baked with Royal were nicely done. They tasted delicious and were all eaten up."

¶ This story of baking in the good old trekker days is told us by Mrs. D. Steyn, of Swellendam, who says, "I have used Royal for 50 years, as my mother did before me." Try Mrs. Steyn's recipe for 'Hasty Cakes.'

HASTY CAKES

1½ lbs. flour
1 lb. sugar
6 eggs
½ lb. butter
2 teaspoons Royal

Whip whites of eggs. Cream butter and sugar. Add yolks of eggs and beat thoroughly. Add sifted flour and Royal Baking Powder, lastly folding in the whites of eggs.
Knead into a stiff dough, add a little milk if necessary. Roll out and cut into shapes. Bake in a moderate oven.

OLD DUTCH APPLE CAKE

recipe by MRS. G. DUNNING *of Malvern, Natal*

½ cup butter
½ cup sugar
6 tablespoons milk
1 egg
2 cups flour
4 teaspoons Royal
Salt, apples, cinnamon

Mix and sift flour and Royal Baking Powder. Cream butter and add the sugar gradually, beating until smooth. Add well beaten egg and flour and mix alternately. Turn out on a floured board and pat until ½ in. thick. Wash, pare and core apples. Cut into dice shapes and press into dough. Sprinkle with cinnamon. Bake in a moderate oven 35 minutes.

FLORA CAKE

recipe by MRS. C. CHAPMAN *of Johannesburg*

4 cups flour
4 tablespoons butter
1 cup sugar
4 teaspoons Royal
4 eggs
½ teaspoon salt
½ cup currants
3 dessertspoons sour milk
1 teaspoon lemon essence

Add thick milk to eggs and sugar, and beat thoroughly. Rub butter through flour. Add Royal Baking Powder, salt and currants to this. Then add essence of lemon. Mix thoroughly, put into tin and bake in moderate oven for 30 minutes.

FOR BISCUITS: Add more flour until a stiff dough is formed. Roll out on board about ¼ in. thick. Cut into various shapes. Put small drops of thick icing on them. These make a very nice biscuit and will keep in an airtight tin for months.

The PRESIDENT praised her "Cookies"

¶ "Mummie, what will we give the President with his 11 o'clock coffee?" said Sussie excitedly.

¶ President Steyn had just sent word that he would call at the farm that morning. All was bustle and excitement in the kitchen. What delicacy should they give the President who had honoured them with a visit?

¶ "Hurry, my child, bring the coffee mill and grind some corn for me. Get a piece of crêpe from the wardrobe to sift the meal through. We'll make some cookies quickly. Thank goodness I still have some Royal left."

¶ When the President had finished his coffee and cookies he said to mother, "Madam, I cannot recall when last I tasted cookies like these! How do you manage it?" "Oh," replied mother, "I always take good care to use Royal Baking Powder."

¶ Mrs. J. du Preez, of Bethlehem, O.F.S., tells this incident of her mother's life. She gives below her mother's recipe for the cookies the President enjoyed so much.

SNAKE CAKES

3 cups flour
¾ cup butter
1 cup sugar
3 eggs
3 teaspoons Royal
1 teaspoon Vanilla essence

Melt the butter and beat well. Put in sugar and beat well. Put in eggs one by one, beating for 1 minute between each. Sift in flour and Royal Baking Powder. Add Vanilla essence. Cut dough into sections and fashion with the palm of the hand until it resembles a coiled snake. Place on buttered pans and bake in moderate oven 15-20 minutes.

TWO COWS for a BATCH of these SCONES

¶ " 'We are famished' said the Colonel to my husband. 'Can you provide myself and my officers with a meal?'

¶ "It was at the close of the Anglo-Boer war and Colonel White's column had just marched into the village of Winburg.

¶ " Hurriedly I set to and made a good batch of milk scones with Royal.

¶ " The Colonel enjoyed the delicious scones I'd given him. 'What do you call them?' he asked. 'Milk scones,' I replied. 'I'll send you two cows to-morrow,' he said, 'and you'll have plenty of milk for your scones.'

¶ " I thought he was joking, but next morning Lieut. Ferguson called and informed me that two cows had arrived for me with the Colonel's compliments. The best surprise I ever had, thanks to Royal."

This story comes from Mrs. M. E. Coen, of Bloemfontein, and here is her recipe for scones that earned this unexpected reward.

MILK SCONES

1½ lbs. flour
4 teaspoons Royal
2 tablespoons condensed milk
1 cup water
1 saltspoon salt
1 egg

Pour flour into basin. Add salt and Royal Baking Powder. Beat egg well. Form a hollow centre of flour. Put egg, and condensed milk mixed with water in, then make into a light dough, not stiff at all. Put on to a well-floured pastry board, roll dough out lightly to thickness required. Cut into shape and bake in a fairly hot oven for 10 minutes.

SNOW CAKE

recipe by MRS. P. J. KRITZINGER, *Port Elizabeth*

- 1½ cups sugar
- Whites of 4 eggs
- ½ cup butter
- ½ cup sweet milk
- ½ cup maizena
- 1½ cups flour
- 2 rounded teaspoons Royal

Cream sugar and butter. Add milk and flour to which Royal Baking Powder has been added. Add Maizena. Lastly add well beaten egg whites. Add ½ teaspoonful Vanilla essence. Mixture can be made into small cakes baking in moderate oven 15 minutes, or in one large cake, 1 hour.

ORANGE CAKE

recipe by MRS. P. J. KRITZINGER, *Port Elizabeth*

- 2 oranges
- 3 eggs
- 5 oz. sugar
- ½ lb. flour
- 2 teaspoons Royal
- 4 oz. butter

Grate the rind of the oranges and retain the juice. Beat butter and sugar to a cream. Then add eggs separately. Add flour and Royal Baking Powder. Add rind and juice. Turn into a greased mould and bake in a moderate oven.

EVE'S DELIGHT

recipe by MRS. P. HALL, *Willow Grange, Natal*

- 2 oz. butter
- 3 oz. sugar
- 6 oz. flour
- 2 eggs
- 3 teaspoons Royal
- 1 tablespoon hot water

Beat butter and sugar to a cream. Gradually add flour and well-beaten eggs. Lastly add Royal Baking Powder and hot water. Spread evenly in a flat baking tin, and bake 10-15 minutes in a hottish oven. When done turn into the dish to be served. Spread with jam and whipped cream.

PIONEER SWISS ROLL

recipe by MRS. M. C. JOHNSON, *Sea Point, C.P.*

- ¾ teacup sugar
- 1 teacup flour
- 2 teaspoons Royal
- pinch of salt
- 2 eggs

Beat eggs to pale yellow. Add sugar gradually, beating thoroughly. Sift flour and Royal Baking Powder together. Fold into eggs and sugar. Turn into buttered tin, spreading thinly. Bake in quick oven for seven or eight minutes. Turn out on a damp cloth sprinkled with sugar. Spread with any nice jam and roll up tightly.

WILDEBEEST ROLLS

recipe by MRS. A. M. MEYER, *Standerton, Transvaal*

- 6 cups flour
- 6 eggs
- ½ cup butter
- ½ cup sugar
- 6 level teaspoons Royal
- 1 teaspoon salt

Rub the butter well into the flour. Mix in sugar and Royal Baking Powder. Beat eggs and make dough stiff enough to roll out. Roll out thin and cut into squares. Then roll squares from corner to corner. Put into a pan of deep warm fat and bake to a light brown. Take out and put in boiling syrup for 1 minute. Be careful that the syrup and the fat are put on the fire at the same time. To make syrup : Take 4 cups sugar, 2 cups water and a pinch of salt and cook.

He ran 5 HOURS to bake these Cakes

¶ "On the 13th May, 1900, our laager was drawn up at Sand River. I was squatting down by the fire preparing doughnuts with Royal. The dough had just been mixed on a stone.

¶ " Suddenly enemy shells began to burst round us. Snatching their horses my comrades galloped away. My horse had been shot under me the day before so I had to run for it.

¶ " But I did not forget my ' Koekies.' Quickly I rolled up the dough in a flour bag. Caught up my pan and raced away.

¶ " For five hours I ran before I felt safe. I then made an oven of the first antheap I saw. I wondered if the dough would rise, as it had been slung across my back for five hours. But, thanks to Royal, it rose beautifully and tasted fine."

This amusing adventure of baking with Royal under difficult war-time conditions befell Mr. Frans Pieterse, of Aansfield, O.F.S. His recipe for doughnuts is well worth a trial.

DOUGHNUTS

8 cups flour
½ cup butter
3 eggs
1 teaspoon Royal
pinch of salt

Rub butter through flour. Add well beaten eggs, Royal Baking Powder and salt—milk if necessary. Roll out dough about ½-in. thick. Cut in strips and plait or twist strips like a corkscrew. Put in a pan of boiling fat until brown, and then put into thick lukewarm syrup. Remove from syrup and roll again in sugar.

For syrup: Take 2 cups sugar, 1 cup water and stick of cinnamon to flavour. It is better to make syrup day before and warm up when required.

NATIONAL CAKE

recipe by MRS. J. G. MELVILLE, *Krugersdorp*

2½ cups flour
½ cup cornflour
1½ cups sugar
1 cup sweet milk
¾ cup butter
4 eggs
3 rounded teaspoons Royal
½ teaspoon salt
1 tablespoon Vanilla essence
Enough confectioner's colouring to get desired shades of National Flag

Beat sugar, butter and three tablespoonsful milk to a cream. Add the beaten yolks and rest of milk, also flour, cornflour and Royal Baking Powder, which have been well sifted together. Add to mixture whites of eggs stiffly beaten. Add essence. Divide into three parts and colour in shades of national flag with confectioner's colouring. Bake in round tins in layers. Ice and decorate in same shades.

MAFEKING PUDDING

recipe by MRS. E. C. BRUWER, *Bethlehem, O.F.S.*

½ lb. flour
Pinch of salt
2 teaspoons Royal
2 oz. butter
1 oz. sugar
1 egg
1 cup milk

Cream butter and sugar. Add well beaten egg, then flour and Royal Baking Powder, then milk. Butter mould and line with Golden syrup. Pour mixture in. Steam for 2 hours. Serve with cream or custard.

"A CHEMIST turned COOK . . .

. . . and saved my Wedding Day in 1881"

¶ "June 28th was drawing near—and June 28th, 1881 was to be my wedding day. But there was no wedding cake.

¶ "In these early days at Knysna small sailing ships brought our goods from Cape Town. The Bar was dangerous. Boats often waited outside Knysna Heads for weeks before the weather permitted a crossing. And my wedding cake was on one of these sailing vessels.

¶ "But an old Knysna chemist, Mr. Groom, saved the day for me. He guaranteed to make a three-tier cake with the aid of Royal. He did so, and the cake and the wedding were a great success."

¶ Mrs. A. Melville, of Krugersdorp, Transvaal, tells us this story of 50 years ago and says, "Mr. Groom gave me some Royal to start my housekeeping. I found it so reliable that I have used it for 50 years without one failure."

¶ On the opposite page is Mrs. Melville's recipe for National cake. Your family and guests will like it.

"BREAD! or we Burn your Wagon!"

¶ The wagon is surrounded by Fingo impi. Yelling and brandishing assegais, they clamber on to our wagon. The famine has made them desperate . . .

¶ "Give us bread or we burn your wagon," they shout. Father lifts up our bags of bread baked with Royal. Scatters the loaves as far as he can. While they scramble for the bread, we escape.

¶ Mother, pale but smiling, said: "You see, old man, if it weren't for Royal, I couldn't have baked the bread. The sour yeast wouldn't have risen in the cold and we would have been murdered to-day."

¶ Mrs. H. J. Jacobs, of Rooilaagte, Carnarvon, tells this graphic incident from her parents' life in the early South African days. For three generations her family have used Royal and proved its reliability under all possible conditions.

¶ Here is one of the "Old Time" dishes Mrs. Jacobs' family baked so successfully with Royal.

APRICOT AMBER PUDDING

1 lb. apricots (fresh or dried)
4 tablespoons sugar
2 large tablespoons butter
1 lemon
4 oz. pastry dough
3 eggs
1 tablespoon crystallized cherries
1 pinch ginger
Few drops Vanilla essence

If fresh apricots are used take stones out and put in a pan with the butter, three tablespoons sugar and the grated rind of the lemon. Cook quickly until the apricots are soft and then rub the mixture through a sieve. Beat the yolks of the eggs and together with the ginger put into the mixture. Fill a dish with pastry-dough, which is made from the following ingredients:– 6 oz. lard or butter, 1 lb. flour, 1 teaspoon Royal Baking Powder, a few drops of lemon juice, a pinch of salt and cold water.

Put the apricot mixture in the basin and bake in a warm oven for 25 minutes, or until the pastry is cooked and the apricot mixture stiff. Beat the whites of the eggs very stiff and mix with 1 tablespoon sugar and a little Vanilla essence. Spread this over the pudding and put the cherries over the top. Put back in oven for a few minutes until the whites of the eggs are cooked a light brown.

BACHELOR'S PUDDING

recipe by MRS. J. C. VAN GREUNEN, *Windsor, Riversdale*

3 cups flour
2 cups milk
1 cup sugar
½ cup butter or lard
2 oz. currants
4 teaspoons Royal

Rub butter or lard through flour. Add sugar, currants, and Royal Baking Powder. Add milk. Pour into greased pie dish. Bake in a slow oven for 1½ or 2 hours. When nearly done, spread with jam and return to oven till done.

GRANNIES RICE DUMPLINGS

recipe by MRS. S. S. DE KOCK, *P.O. Machavie, Transvaal*

1 cup rice
10 tablespoons flour
2 rounded teaspoons Royal
4 eggs

Cook rice well and mix with flour, Royal Baking Powder and eggs. Put spoonfuls of mixture in a pot with boiling water, which has a little salt in. Water must be boiling before dumplings are put in. As soon as dumplings are cooked take them out and roll them in melted butter, sugar and cinnamon. They are most delicious served hot. Do not let them get cold as they might get tough.

OLD DUTCH SWEET CAKE

recipe by MRS. S. S. DE KOCK, *P.O. Machavie, Transvaal*

8 cups flour
4 cups sugar
½ lb butter
½ lb. dripping
1 tablespoon cinnamon
1 tablespoon cloves
3 tablespoons ginger
6 eggs
5 teaspoons Royal

Pour a glass of water over the sugar so that it dissolves. Beat eggs well into melted sugar. Then add melted butter and dripping, Royal Baking Powder, cloves, cinnamon and ginger. Mix well together. Then add flour, and knead mixture well. Roll out thin. Press into shapes and bake in moderate oven 10 to 15 minutes.

LAZY WOMAN'S PIECRUST

recipe by MRS. M. M. BICCARD, *Pietersburg, Transvaal*

Pie must be done and hot before spreading over the pie crust:

1 coffee cup flour
1 dessertspoon Royal
Little milk
1 tablespoon butter
1 egg
Little salt

Mix well flour, salt and Royal Baking Powder. Beat butter to a cream. Beat egg well. Mix quickly with dry ingredients. If too stiff add a little milk—just enough to make it spread on pie with a knife. Spread about half-inch thick on the hot pie. Put quickly into oven and bake till well brown—about 10 minutes—in a moderate oven.

"OOM PAUL'S" PASTRY FOR PIES.

recipe by MISS C. E. SWARTS, ELANDSPUTTE, *Transvaal*

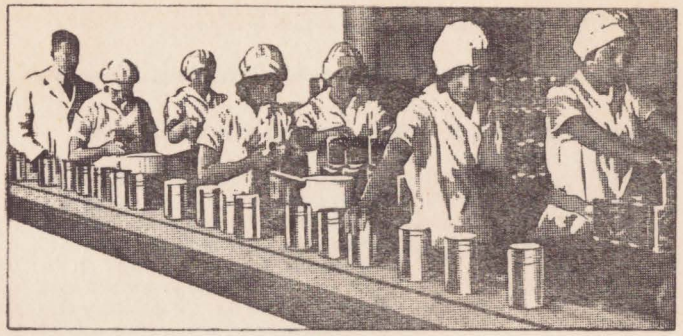
1 cup flour
2 teaspoons Royal
¾ teaspoon salt
5 tablespoons butter or lard

Mix flour, Royal Baking Powder and salt. Then lightly rub in butter or lard. When thoroughly rubbed in add a little water to make a moderately stiff dough. Flour the board and roll out. Cut dough to fit pie-dish and cover pie lightly. Brush the top with yolk of well beaten egg to which a pinch of sugar has been added. Bake 20 minutes in moderate oven.

NUT CUTLETS

recipe by MRS. P. HALL, *Willow Grange, Natal*

Chop 2 oz. cooked macaroni and put 2 oz. nuts through a mincer. Make a sauce with 1 oz. each butter and flour and 1 gill of milk. Stir over fire for a few minutes and turn on to a plate to cool. Shape into cutlets, brush over with beaten egg. Roll in breadcrumbs and fry to a golden brown in hot fat. Drain well and insert a small piece of uncooked macaroni on the pointed end of each cutlet to simulate a bone. Garnish with fresh parsley.



SOUTH AFRICANS make it from SOUTH AFRICAN PRODUCTS

ROYAL Baking Powder is now manufactured in our new plant at Huguenot, Paarl—the largest and most up-to-date factory of its kind in the Southern Hemisphere.

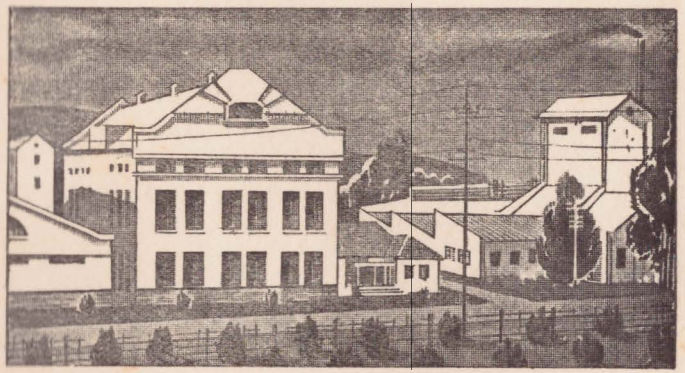
¶ Here, under rigidly hygienic conditions carefully-trained South Africans make Royal. Using the most modern machinery for the complicated processes of manufacture, they produce this world-famous Cream of Tartar Baking Powder in a quality equal in every respect to the overseas product.

¶ Only the purest, most wholesome South African ingredients are used for Royal. Cream of Tartar from the highest quality argols and lees the Western Province can produce. Pure edible maize starch from the pick of the Orange Free State and Transvaal mealie crops.

¶ Scientifically blended into the baking powder, these South African ingredients ensure for Royal that extra purity and rising strength which guarantees you against failure in your baking, which saves your valuable ingredients from possible wastage.

¶ Your mother and your mother's mother knew and probably relied on Royal Baking Powder for success in the baking of their cakes, scones, breads, pastries and puddings. To-day *you* can rely confidently on its sixty-year-old reputation as the most successful, most truly economical baking powder money can buy.

-in our NEW FACTORY at HUGUENOT . . .



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